<u>What to do if you develop COVID-19 symptoms:</u>

- Fever (100° Fahrenheit or higher), chills, or shaking chills
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Muscle aches or body aches
- Cough (not due to other known cause, such as chronic cough)

- Sore throat *when in combination with other symptoms*
- Headache *when in combination with other symptoms*
- Nausea, vomiting, or diarrhea *when in combination with other symptoms*
- Fatigue, *when in combination with other symptoms*

Symptomatic individuals will be sent home and allowed to return to school or work if:

- symptoms remain mild and they test negative, **or**
- they have been fever-free for 24 hours without the use of fever-reducing medication, their symptoms are resolving and they are able wear a mask until symptoms are fully resolved, **or**
- a medical professional makes an alternative diagnosis.

If you **test positive** for COVID-19 that means the virus was detected and **you need to isolate**.
- Isolate immediately.
- Take precautions including wearing a mask to protect others from getting infected.
- Tell the people that you had recent contact with that they may have been exposed.
- Contact your healthcare provider for recommendations and possible treatment.

Follow the isolation guidance below:

- **Day 0**, first day of symptoms **OR** day the positive test was taken, whichever date is earlier.
- **Days 1-4**, continue to isolate.
- **Day 5**, last day of isolation if asymptomatic or symptoms are improving including no fever without the use of fever reducing medications.
- **Day 6**, may leave isolation and return to work or school if you are able to wear a mask at all times when around other people, including in your household, through day 10.

After you have ended isolation, if your COVID-19 symptoms recur or worsen, restart your isolation at day 0 and contact your primary care provider.

Additional information:
www.mass.gov/info-details/covid-19-isolation-and-exposure-guidance-for-children-and-staff-in-child-care-k-12-out-of-school-time-ost-and-recreational-campprogram-settings